

# Dayanand Mahila Mahavidyalaya, Kurukshetra

## Lesson Plan (Even Semester)

Session 2022-23 (01.02.2023 to 26.05.2023)

Name of Teacher: Dr. Shweta Saini

Subject: Home Science

Week	Date	Class: B.A 1st Year	Class: B. A 3rd Year
		Semester: 2nd Sem	Semester: 6th Sem
	01.02.2023	Introduction of Syllabus	Introduction of Syllabus
	02.02.2023	Health and Hygiene: Personal hygiene	Child Psychology: Definition
	03.02.2023	Definition of Health and factors affecting health	Aims of Child Psychology
	04.02.2023	Food habits	Subject matter
	06.02.2023	Cleanliness	Objectives of studying
	07.02.2023	Exercise	Objectives of studying
	08.02.2023	Sleep	Revision & Discussion
	09.02.2023	Revision & Discussion	Learning: Meaning, Importance
	10.02.2023	Water – Importance of water	Method of learning
	11.02.2023	Impurities present in water	Method of learning
	13.02.2023	Impurities present in water	Method of learning
	14.02.2023	Sources of contamination of water	Method of learning
	15.02.2023	Sources of contamination of water	Method of learning
	16.02.2023	Revision & Discussion	Factor effecting learning
	17.02.2023	Water purification (Household)	Factor effecting learning
	<b>18.02.2023</b>	<b>Maha Shivratri</b>	
	20.02.2023	Water purification (Household)	Revision & Discussion
	21.02.2023	Water purification (natural methods)	Intelligence: Definition, Importance
	22.02.2023	Water purification (natural methods)	Measurement of intelligence
	23.02.2023	Revision & Discussion	Measurement of intelligence
	24.02.2023	Test	Measurement of intelligence
	25.02.2023	First aid: meaning	Measurement of intelligence
	27.02.2023	Importance of First Aid in daily life	Test
	28.02.2023	Importance of First Aid in daily life	Personality Development: Definitions, Types
	01.03.2023	Revision & Discussion	Factors affecting the development of personality
	02.03.2023	Definitions of Infection	Factors affecting the development of personality
	03.03.2023	Infective agents	Play: Definition, Features of Child Play
	04.03.2023	Period of infectivity	Types of play
	<b>05.03.2023 to 12.03.2023</b>	<b>Holi Vacations</b>	
	13.03.2023	Period of infectivity	Types of play
	14.03.2023	Revision & Discussion	Difference between work and play
	15.03.2023	Types of diseases and their modes of spread	Importance of play on childhood
	16.03.2023	Types of diseases and their modes of spread	Revision & Discussion
	17.03.2023	Channels of infection	Stages of the development introduction
	18.03.2023	Channels of infection	Characteristics of: Infancy
	20.03.2023	Test	Characteristics of: Infancy
	21.03.2023	Disinfectants – Definition	Characteristics of: Infancy

Week	Date	Class: B.A 1st Year	Class: B. A 3rd Year
		Semester: 2nd Sem	Semester: 6th Sem
	22.03.2023	Types of disinfectants	Characteristics of: Childhood
	<b>23.03.2023</b>	<b>Shaheedi Diwas</b>	
	24.03.2023	Types of disinfectants	Characteristics of: Childhood
	25.03.2023	Methods of disinfection	Characteristics of: Childhood
	27.03.2023	Methods of disinfection	Characteristics of: Childhood
	28.03.2023	Methods of disinfection	Characteristics of: Adolescence
	29.03.2023	Malaria	Characteristics of: Adolescence
	<b>30.03.2023</b>	<b>Ram Navmi</b>	
	31.03.2023	Malaria	Characteristics of: Adolescence
	01.04.2023	Malaria	Problem of an adolescent child
	03.04.2023	Revision & Discussion	Problem of an adolescent child
	<b>04.04.2023</b>	<b>Mahavir Jayanti</b>	
	05.04.2023	Dengue	Problem of an adolescent child
	06.04.2023	Dengue	Role of parents and teacher in solving problem of an adolescentchild
	07.04.2023	Dengue	Role of parents and teacher in solving problem of an adolescentchild
	08.04.2023	Dysentery	Role of parents and teacher in solving problem of an adolescentchild
	10.04.2023	Dysentery	Role of parents and teacher in solving problem of an adolescentchild
	11.04.2023	Dysentery	Revision & Discussion
	12.04.2023	Revision & Discussion	The Expectant mother: Sign of pregnancy
	13.04.2023	Cholera	Discomforts of pregnancy
	<b>14.04.2023</b>	<b>Vaisakhi/Dr. B.R. Ambedkar Jayanti</b>	
	15.04.2023	Cholera	Discomforts of pregnancy
	17.04.2023	Cholera	Care of the expectant mother in brief
	18.04.2023	Typhoid	Care of the expectant mother in brief
	19.04.2023	Typhoid	Revision & Discussion
	20.04.2023	Typhoid	Revision & Discussion
	21.04.2023	Revision & Discussion	Test
	<b>22.04.2023</b>	<b>Id-Ul-Fitr/Parshuram Jayant</b>	
	24.04.2023	Chicken pox	All effects of an early marriage
	25.04.2023	Chicken pox	All effects of an early marriage
	26.04.2023	Chicken pox	Care of newborn infants- Bathing
	27.04.2023	Measles	Clothing and hygiene during infancy
	28.04.2023	Measles	Clothing and hygiene during infancy
	29.04.2023	Measles	Feeding of an infant: Breast feeding
	01.05.2023	Mumps	Feeding of an infant: Breast feeding
	02.05.2023	Mumps	Artificial feeding
	03.05.2023	Mumps	Artificial feeding
	04.05.2023	Leprosy	Breast feeding verses Artificial feeding
	05.05.2023	Leprosy	Breast feeding verses Artificial feeding
	06.05.2023	Leprosy	Weaning: Meaning, Definition
	08.05.2023	AIDS	Importance of Weaning
	09.05.2023	AIDS	Methods of weaning

Week	Date	Class: B.A 1st Year	Class: B. A 3rd Year
		Semester: 2nd Sem	Semester: 6th Sem
	10.05.2023	AIDS	Methods of weaning
	11.05.2023	Immunity - Definition	Revision & Discussion
	12.05.2023	Types of immunity	Cold
	13.05.2023	Types of immunity	Cough
	15.05.2023	Immunization schedule	Fever
	16.05.2023	Immunization schedule	Diarrhoea
	17.05.2023	Revision & Discussion	Constipation
	18.05.2023	Cancer of Breast	Vomiting
	19.05.2023	Cancer of Breast	Prickly heat
	20.05.2023	Cancer of Cervical	Allergy
	<b>22.05.2023</b>	<b>Maharan Partap Jayanti</b>	
	23.05.2023	Cancer of Cervical	Convulsions
	24.05.2023	Revision & Discussion	Revision & Discussion
	25.05.2023	Test	Test
	26.05.2023	Test	Test

# Dayanand Mahila Mahavidyalaya, Kurukshetra

## Lesson Plan (Even Semester)

Session 2022-23 (01.02.2023 to 26.05.2023)

Name of Teacher : Ms Upasana

Subject : Home Science

Week	Date	Class :B.A.(2nd year) Theory	Class : B.A.( 2nd year ) Practical	Class :B.A.(1st year) Practical
		Semester :Fourth	Semester :Fourth	Semester : Second
	01.02.2023	Introduction	Introduction	Introduction of Syllabus
	02.02.2023	Introduction of traditional textile	Introduction of Types of Measuring Equipments	Cleaning of Brass articles
	03.02.2023	Traditional textile	Taking Body measurements	Cleaning of Brass articles
	04.02.2023	Origin	Taking Body measurements	Cleaning of Brass articles
	06.02.2023	Origin	Taking Body measurements	Polishing of Brass articles
	07.02.2023	Definition of fiber	Taking Body measurements	Polishing of Brass articles
	08.02.2023	Classification of Fiber	Taking Body measurements	Polishing of Brass articles
	09.02.2023	Classification of Fiber	Taking Body measurements	Cleaning of Copper articles
	10.02.2023	Classification of Fiber	File work	Cleaning of Copper articles
	11.02.2023	Revision	File checking	Cleaning of Copper articles
	13.02.2023	Manufacture of Cotton Fiber	Drafting	Polishig of Copper articles
	14.02.2023	Properties of Cotton Fiber	Drafting	Polishig of Copper articles
	15.02.2023	Manufacture of Silk Fiber	Drafting if Child's bodice block	Polishig of Copper articles
	16.02.2023	Manufacture of Silk Fiber	Drafting if Child's bodice block	File work
	17.02.2023	Properties of Silk Fiber	File work	File work
	<b>18.02.2023</b>	<b>Maha Shivratri</b>		
	20.02.2023	Manufacture of Polyester Fibre	File checking	File checking
	21.02.2023	Manufacture of Polyester Fibre	File checking	File checking
	22.02.2023	Manufacture of Polyester Fiber	Drafting if Child's bodice block	Cleaning of Brass articles
	23.02.2023	Properties of Polyester Fiber	Drafting if Child's bodice block	Cleaning of Brass articles
	24.02.2023	Properties of Polyester fiber	Drafting if Child's bodice block	Polishing of Brass articles
	25.02.2023	Manufacture of Rayon fiber	Adaptation to gathered frock	Polishing of Brass articles
	27.02.2023	Manufacture of Rayon fiber	Adaptation to gathered frock	Polishing of Brass articles
	28.02.2023	Properties of Rayon fiber	Adaptation to gathered frock	Cleaning of Copper articles
	01.03.2023	Properties of Rayon fiber	Adaptation to gathered frock	Cleaning of Copper articles
	02.03.2023	Revision	Adaptation to gathered frock	Cleaning of Copper articles
	03.03.2023	Introduction of Soap	Adaptation to gathered frock	Polishig of Copper articles
	04.03.2023	Soap	File work	Polishig of Copper articles
	<b>05.03.2023 to 12.03.2023</b>	<b>Holi Vacations</b>		

Week	Date	Class :B.A.(2nd year) Theory	Class : B.A.( 2nd year ) Practical	Class :B.A.(1st year) Practical
		Semester :Fourth	Semester :Fourth	Semester : Second
	13.03.2023	Introduction of Detergent starches	File checking	Polishig of Copper articles
	14.03.2023	Detergent starches	Adults Bodice block	File work
	15.03.2023	Detergent starches	Adults Bodice block	File work
	16.03.2023	Introduction of Blues and Bleaches	Adults Bodice block	File checking
	17.03.2023	Blues and Bleaches	Adults Bodice block	File checking
	18.03.2023	Blues and Bleaches	Adults Bodice block	Cleaning of Steel articles
	20.03.2023	Revision	File work	Cleaning of Steel articles
	21.03.2023	Test	File work	Polishing of Steel articles
	22.03.2023	Introduction of Finishes	File checking	Polishing of Steel articles
	<b>23.03.2023</b>	<b>Shaheedi Diwas</b>		
	24.03.2023	Objectives of Application of finishes	File checking	Cleaning of Leather articles
	25.03.2023	Objectives of Application of finishes	Adaptation of Adult bodice block	Cleaning of Leather articles
	27.03.2023	Types of finishes	Adaptation of Adult bodice block	Cleaning of Leather articles
	28.03.2023	Revision	Adaptation of Adult bodice block	Polishing of Leather articles
	29.03.2023	Calendaring	Adaptation of Adult bodice block	Polishing of Leather articles
	<b>30.03.2023</b>	<b>Ram Navmi</b>		
	31.03.2023	Bleaching	Adaptation of Adult bodice block	Cleaning of Wood articles
	01.04.2023	Bleaching	Adaptation of Adult bodice block	Cleaning of Wood articles
	03.04.2023	Sizing	Adaptation of Adult bodice block	Polishing of Wood articles
	<b>04.04.2023</b>	<b>Mahavir Jayanti</b>		
	05.04.2023	Preshrinking	Adaptation of Adult bodice block	Polishing of Wood articles
	06.04.2023	Preshrinking	File work	Cleaning of Glass articles
	07.04.2023	Crease resistant	File checking	Cleaning of Glass articles
	08.04.2023	Dyeing	Drafting of Salwar	Polishing of Glass articles
	10.04.2023	Printing	Drafting of Salwar	Polishing of Glass articles
	11.04.2023	Introduction of Basic weave	Drafting of Salwar	File checking
	12.04.2023	Basic weaves	File checking	File checking
	13.04.2023	Basic weaves	File checking	File checking
	<b>14.04.2023</b>	<b>Vaisakhi/Dr. B.R. Ambedkar Jayanti</b>		
	15.04.2023	Test	Frock Gathered with sleeves	Preparation of Wood polish
	17.04.2023	Plain weaves	Frock Gathered with sleeves	Preparation of Leather polish
	18.04.2023	Variations of Plain weave	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	19.04.2023	Twill weave	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	20.04.2023	Variation of twill weave	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	21.04.2023	Satin weave	File checking	Preparation of Interior Decoration articles
	<b>22.04.2023</b>	<b>Id-Ul-Fitr/Parshuram Jayant</b>		

Week	Date	Class :B.A.(2nd year) Theory	Class : B.A.( 2nd year ) Practical	Class :B.A.(1st year) Practical
		Semester :Fourth	Semester :Fourth	Semester : Second
	24.04.2023	Variation of Satin weave	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	25.04.2023	Revision	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	26.04.2023	Test	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	27.04.2023	Laundry and Reagents	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	28.04.2023	Laundry and Reagents	Frock Gathered with sleeves	Preparation of Interior Decoration articles
	29.04.2023	Acid Alkalis solvents	File checking	Preparation of Interior Decoration articles
	01.05.2023	Acid Alkalis solvents	File checking	File checking
	02.05.2023	Acid Alkalis solvents	Stitching of Salwar	File checking
	03.05.2023	Absorbents	Stitching of Salwar	Immunization Schedule
	04.05.2023	Absorbents	Stitching of Salwar	Immunization Schedule
	05.05.2023	Introduction of Satin Removal	Stitching of Salwar	Immunization Schedule
	06.05.2023	Classification of Satin Removal	Stitching of Salwar	Immunization Schedule Survey in PHC &Local Hospital
	08.05.2023	Classification of Satin Removal	File work	Immunization Schedule Survey in PHC &Local Hospital
	09.05.2023	Methods of Satin Removal	File checking	First Aid Techniques
	10.05.2023	Methods of Satin Removal	Stitching of Kameez	First Aid Techniques
	11.05.2023	Revision	Stitching of Kameez	First Aid Techniques
	12.05.2023	Revision	Stitching of Kameez	First Aid Techniques
	13.05.2023	Revision	Stitching of Kameez	First Aid Techniques
	15.05.2023	Revision	Stitching of Kameez	First Aid Techniques
	16.05.2023	Test	File work	File work
	17.05.2023	Test	File work	File work
	18.05.2023	Test	File work	File work
	19.05.2023	Revision	File work	File work
	20.05.2023	Revision	File work	File work
	<b>22.05.2023</b>	<b>Maharan Partap Jayanti</b>		
	23.05.2023	Test	File work	File work
	24.05.2023	Test	File work	File work
	25.05.2023	Test	File checking	File checking
	26.05.2023	Test	File checking	File checking